

# Northampton Aquatic & Family Center @ JFK Middle School, Bridge Rd. Florence

## Northampton Area Swimming

[www.naswim.org](http://www.naswim.org)



An organized swim team program providing structured instruction, training, and competition for a wide range of ages and abilities. NAS is part of the United States Swimming organization and will provide an atmosphere where all can learn and excel in the sport of swimming. The team's coaches have many years of coaching experience and have proven abilities to develop in athletes not only swimming skills, but leadership skills, values, team spirit, commitment, sportsmanship, and community-involvement. We welcome swimmers from the surrounding Western Massachusetts communities to join us for FUN, personal growth and improvement, and competitive success. The benefits of our team are endless . . .

Session: April 9, 2007 – August 1, 2007

*Long course and short course meets*

**Program Info** (fees do not include US registration fee of \$55 for new swimmers):  
*Fees listed in the order of Member / Non-Member / Non-Member, Non-Resident*

**8 & Unders/Novice Swimmers** Practice M/W/F 6:30-7:30 pm \$115/\$125/\$135  
**Plus** extra 1/2 hour swim time until 8 pm (w/coaches' okay) extra \$15

*Minimum age of 6, can swim at least one length each on front and on back.*

*Swimmers still developing competitive strokes and skills.*

**Age-Group Swimmers** Practice M/W/F 6:30-8:00 pm\*, \$170/\$180/\$190  
T/Th 7:00-8:30 pm

*Swimmers with successful competitive experience in all strokes and IMs, minimum age of 9.*

**Senior Swimmers** Practice M/W/F 6:30-8:30 pm, \$180/\$190/\$200  
T/Th 7:00-8:30 pm

*Minimum age of 13 with competitive experience, training and knowledge, or coaches' permission.*

*\*Please note: practice schedules are subject to change, based on team enrollment. Coaches may determine placement for swimmers.*

**Registration is limited and on a first-come, first-serve basis.**

**Call or Email Coach Sherry Wingfield for more information.**

**The Aquatic & Family Center @ JFK Middle School Bridge Rd. Florence**

**Mon-Fri 4-8 PM & Sat and Sun 10-5 (587-1046)**

**Northampton Recreation Dept. Locust St Northampton**

**Mon-Fri 8:30 AM-4:30 PM 587-1040.**

**[www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)**

